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Tuesday, January 10, 2012
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News worth sharing.

Ready for Occupy round 2?

► Group hints it could return to downtown space in spring ► Backed by court order, bylaw boss not worried

Tents may be out of the question, but Occupy Calgary members could return to 24-hour demonstrations downtown in a matter of months.

"When we see other cities doing their occupations, which I suspect will be in the spring, that's when we will likely return," Tavis Ford said Monday.

He and a flock of fellow demonstrators that fluctuated in size camped on a grassy patch at Olympic Plaza for nearly two months late last year, creating logistical headaches for city officials weighing the value of the constitutional right to assemble with local bylaws prohibiting after-hours gathering in public spaces.

Finally, a court order in early December forced the group to pack up, but Ford believes appeals of that injunction could grant his group new powers when it comes time to reoccupy.

Bylaw boss Bill Bruce isn't worried about the Occupy plan.

"Well ... good luck," he said. "It's no longer a constitutional question — that's over. They're entitled to be in the park space during the hours the park is open."

Joining their cause

► Occupy Calgary's first stay in Olympic Plaza had 10 to 20 members that stayed the full duration; however, participants project many more will join their cause for its second run.

► One Occupy Calgary member was arrested and charged, two campers were injured in a tent fire and numerous others were issued bylaw-infraction tickets during the first plaza stay.

Ford admitted that repitching tents may push the group's luck, but said maintaining a 24-hour presence will be vital at the new Occupy camp.

Ald. Diane Colley-Urquhart, who openly criticized the Calgary Emergency Management Agency for its handling of the initial Occupy protest, accused the occupiers of "playing games."

"They are trying to provoke bylaw, trying to provoke police," she said. "If they have a real concern, there are plenty of ways to address it in this city."

● JEREMY NOLAIS/
WITH FILES FROM KATIE TURNER



► A second art installation from Occupy Calgary supporter Dylan John Henry Hobal in as many months appeared in Olympic Plaza on Monday. While Hobal said it was gift to the people of Calgary, city bylaw boss Bill Bruce compared it more to "kids building a snowman in the park."

DANI FINCH/FOR METRO

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Province cuts controversial plate fee

► Provincial charge threatened police manpower, parking-ticket rates ► Premier Redford promised to remove licence-plate database charge during recent Tory campaign

JEREMY NOLAIS
@METRONEWS.CA

What's in this year's provincial budget remains a mystery, but one item left out is drawing praise from city officials.

Service Alberta spokesperson Gerald Kastendieck has confirmed to Metro there are no plans to reintroduce a service fee for using a longstanding provincial licence-plate database that would have drained roughly \$10 million annually from Calgary city coffers.

Opponents of the charge accused the province of slipping the fee in under the radar during last year's budget unveiling and said it threatened manpower within the Calgary Police Service, which relies on the database, and would have been forced to pay the province \$3.7 million annually as a result.

As well, a plan was made to hike violation tickets issued by the Cal-

Costly database

► It is not clear when the provincial budget will be released due to the timing of an upcoming provincial election.

► Service Alberta claims the cost of running the provincial licence-plate database has risen more than 160 per cent since 2002. The ministry is still exploring other options to maintain funding for the program, said spokesperson Gerald Kastendieck.

► The Alberta Urban Municipalities Association is comfortable with raising traffic-violation fines as one means to fund the database because that revenue is collected by the province, according to Ald. Jim Stevenson.

gary Parking Authority \$18 to raise further revenue.

"It's great to hear it's being left out altogether," said parking authority head Troy McLeod, who confirmed fine prices will



► Fines for running over your paid time in Calgary ParkPlus zones will be staying put for the time being, as the province has no plans to request additional money for a licence-plate database this year.

stay put.

Ald. Jim Stevenson serves as a director on the Alberta Urban Municipalities Association board, which heavily advocated

against the fee. He believes the complaints were heard loud and clear.

"They know they better not go into an election

with that hanging over the heads of municipalities," he said, referring to a provincial campaign expected to begin this spring.

Council votes down pay-hike talks

KATIE TURNER
@METRONEWS.CA

Attempts to discuss lessening council's pay hike from 5.35 per cent down to three per cent were snubbed by aldermen Monday.

Ald. Andre Chabot re-

quested council approve his request to discuss council's 2012 wages as a matter of urgent business, but the request was denied.

Chabot argued increases to council's pay could impact future requests from city unions.

"In the past, when we have approved a higher increase than council salaries, the unions use that against us in future negotiations.... They say, 'We want the same increase council is getting,'" he said.

Council's pay is determined by a preset formula tied to Statistics Canada average weekly earnings, and some aldermen were hesitant to tinker with the current system.

"I was here when council used to decide their

own salaries and it was a very awkward process," said Ald. Druh Farrell.

"If we have a problem with the formula, then let's deal with the formula. Let's not tinker individually with each year."

● WITH FILES FROM JEREMY NOLAIS

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news



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WORLD JUNIOR HOCKEY

Calgary, Edmonton set hockey record

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571,539

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Over the 11-day tournament, the Scotiabank Saddledome and Rexall Place averaged more than 18,000 fans per game.

The two host cities smashed the previous record, set by Ottawa in 2009, of 453,282 fans.

● METRO

Man charged in 4 deaths wants trial by judge

A man charged in the deaths of four teenage football players from a school in northwestern Alberta wants to be tried by judge alone.

Brenden Holubowich, who is 21, faces 11 charges including impaired driving causing death and failure to remain at the scene.

Four youths died Oct. 22 near Grande Prairie, Alta., when the vehicle they were in was struck by a pickup truck.

Holubowich is next to appear in court Jan. 30.

THE CANADIAN PRESS

Teens create biz buzz

► Group has sold about 200 gift boxes that plug local businesses since November ► They're donating half of the proceeds from the project to charity



KATIE TURNER
@METRONEWS.CA

Local teens are partnering with local business to spread the word about Calgary companies.

As part of Junior Achievement, an organization that helps educate students on entrepreneurship, 15 Western Canada High School students from the group Cohaero decided to create a product to promote local Calgary businesses.

They created a box they call Luxuria stuffed with samples and gift cards from six companies.

"I think, oftentimes, we never give back to local entrepreneurs," said group member Yara Hattab, 17. "Our whole box is about be-



KATIE TURNER/METRO

► Junior Achievers, from left, Carita Chow, Jason Noh, Justin Tao and Yara Hattab show off the product they've created, which offers samples and gift cards to local businesses.

ing local."

Owner of Epiphany Chocolate, John Fleck said he was impressed that the students took the initiative to promote local business-

es.

"They've given us some really good publicity already and we've had a couple people in the store buying a good amount of

From the profits

► The boxes are priced at \$20.

► 25 per cent goes to the Mustard Seed and 25 per cent is given back to Junior Achievement.

► The six businesses included are Epiphany Chocolate, Crave Cookies and Cupcakes, Naked Leaf Tea, RnR Wellness and Spa, The Roasterie Coffee and the Social Page.

► The Luxuria box can be bought online at wix.com/cohaerojasa/juniorachievement.

chocolate because of it," he said.

"They're learning and doing everything you would need to do to start a business."

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► Erin Langworthy, 22, bungee jumps over the Zambezi River on Dec. 31 in Victoria Falls, Zimbabwe.

TOURIST LIVES TO TELL TALE OF BUNGEE-JUMP MISHAP

An Australian tourist bungee jumping in Africa plunged 111 metres into a river when her cord snapped, but she managed to swim to safety with a broken collarbone and her legs tied together.

Erin Langworthy told Nine Network television news Sunday that she blacked out briefly when she hit the Zambezi River on the border of Zambia and Zimbabwe on

Dec. 31.

"I felt like I'd been slapped all over," the 22-year-old from Perth said.

Video taken of the jump shows the cord snapping and Langworthy smacking into the river before the current pulled her into rapids.

"You get sucked under and then you pop up, so it's very disorienting — I didn't know which was up or down," she said.

THE ASSOCIATED PRESS

Mom testifies at Shafia trial

► Tooba Yahya is facing trial in a case prosecutors allege was a so-called honour killing

A woman accused of killing her three daughters and her husband's other wife suggested Monday that one daughter tried to commit suicide because of a pair of pants, and not because she was deeply unhappy at home.

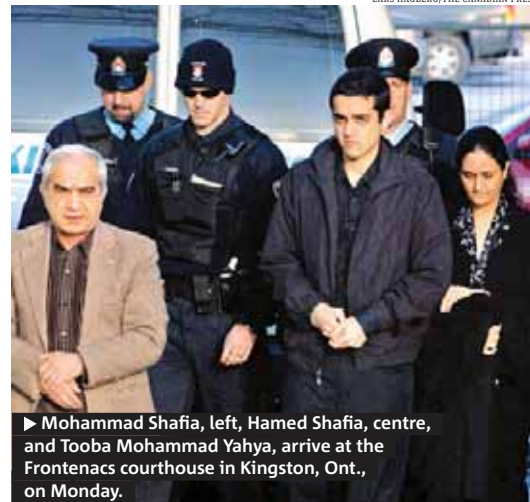
Tooba Yahya, 42, on trial in Kingston, Ont., along with her husband and son, took the stand as the Shafia family murder trial resumed after the holidays. In often rambling testimony punctuated by heavy sighs, she denied that any of the four victims of what prosecutors allege was a so-called honour killing were treated poorly or abused. Court has heard evidence to the contrary.

Yahya, Mohammad Shafia, 58, and their eldest son, Hamed, 21, are accused of killing four female

In court

► The Crown alleges that Mohammad Shafia in particular was upset that the girls were dating and telling authorities they didn't feel safe at home, and that they were killed to restore family honour.

► Shafia has already taken the stand in his defence, and it remains to be seen whether Hamed, the son, will testify.



► Mohammad Shafia, left, Hamed Shafia, centre, and Tooba Mohammad Yahya, arrive at the Frontenacs courthouse in Kingston, Ont., on Monday.

relatives over family honour, pushing them into a canal in a car and drowning them. They have each pleaded not guilty to four counts of first-degree murder.

Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13,

along with Rona Amir Mohammad, 52, Shafia's first wife in a polygamous marriage, were found in a car at the bottom of a canal in Kingston, Ont., on June 30, 2009, when the Montreal family was heading home after a trip to Niagara Falls,

Ont.

Court has heard from school and child protection authorities that Sahar, under pressure to wear a hijab and being shunned by her family, was so upset that she tried to kill herself. THE CANADIAN PRESS



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News in brief

Bomb-plot suspect arrested

FLORIDA. A 25-year-old man from the former Yugoslavia was charged with an alleged plot to attack crowded locations in the Tampa area, including nightclubs, with a car bomb, assault rifle and other explosives, federal authorities said Monday.

The U.S. Department of Justice announced the arrest of Sami Osmakac, whose first appearance in federal court was scheduled for Monday afternoon.

Authorities say Osmakac is a naturalized U.S. citizen who was born in the former Yugoslavia. He has been charged with one count of attempted use of a weapon of mass destruction. **THE ASSOCIATED PRESS**

Threats left on dumped bodies

MEXICO. Police in western Mexico have found 13 bodies at a gas station in the state of Michoacan. Michoacan is home base to The Knights Templar cartel, a pseudo-religious gang specializing in methamphetamine production, drug smuggling, extortion and other crimes.

THE ASSOCIATED PRESS

Celeb chef too posh to pay?

BRITAIN. A celebrity chef apologized on his website Monday after he was caught shoplifting from a supermarket. Antony Worrall Thompson was arrested Friday after reportedly stealing cheese and wine from a Tesco store in the posh riverside town of Henley-on-Thames, west of London. **THE ASSOCIATED PRESS**

'Why, Oscar?' mom asks

► Hundreds of people attend funeral of Canadian who died in police custody while visiting Grenada ► Five officers charged with manslaughter

A Toronto man allegedly beaten to death by police in Grenada was remembered Monday as larger than life.

Grenada's prime minister was among the attendees at a funeral for Toronto resident Oscar Bartholomew.

The 39-year-old died in police custody after his arrest on Boxing Day.

The death of Bartholomew, who was visiting his homeland over Christmas, has evoked outrage and sympathy.

As a result, his funeral in the hamlet of Crochu has garnered widespread attention throughout the tiny country.

Dolette Cyr Bartholomew, his wife of 10 years, sat stoically in the church with her



► Oscar Bartholomew's mother Andrianne, 71, at her son's casket during his funeral Monday in Crochu, Grenada.

daughter Melanie, who brushed away tears during the service.

Father Anthony Marfo Dwomo spoke of forgiveness during his homily while others remembered Bartholomew as a man who was larger than life and loved his family.

Roslyn Charles, a friend from Toronto, recalled Bartholomew as "quiet" and hard-working.

"I've never seen this guy in any trouble," Charles said.

Earlier, Bartholomew's mother Andrianne had to be restrained by relatives

at his open casket as she wept, "Why, Oscar?"

Bartholomew's death has also highlighted claims from those who say Grenada suffers from a systemic problem with poorly trained and poorly disciplined police.

Monday, some relatives erupted in anger as uniformed police, outside to keep order during the funeral, went into the church. The officers were forced to leave.

THE CANADIAN PRESS

"One hopes that, out of this, some light will be shed on the whole aspect of police brutality."

TREVOR BARTHOLOMEW, DECEASED'S COUSIN

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Not all activists are bad: Minister

► Environmental groups say they were demonized in a letter by Joe Oliver regarding Northern Gateway protests

ADRIAN WYLD/THE CANADIAN PRESS



► Minister of Natural
Resources Joe Oliver

Natural Resources Minister Joe Oliver says he isn't opposed to all environmentalists — just the foreigner ones who are trying to damage Canada's interest.

"We are not demonizing," Oliver said Monday after releasing a letter that referred to "environmental and other radical groups" trying to "hijack" with foreign money hearings on a pipeline that would bring Alberta oil-sands bitumen to port at Kimitat, B.C.

"I have not called everybody radicals, nor do I think they are, nor do I think they're trying to stop every kind of devel-

opment. But there are some that do.

Environmentalists — who called Oliver's letter everything from appalling

to a hyperbolic rant — pointed out the vast majority of the people and money behind their campaign against the proposed Northern Gateway project is Canadian.

They released a poll taken last spring that suggests British Columbians are much more concerned about foreign money funding the oilpatch.

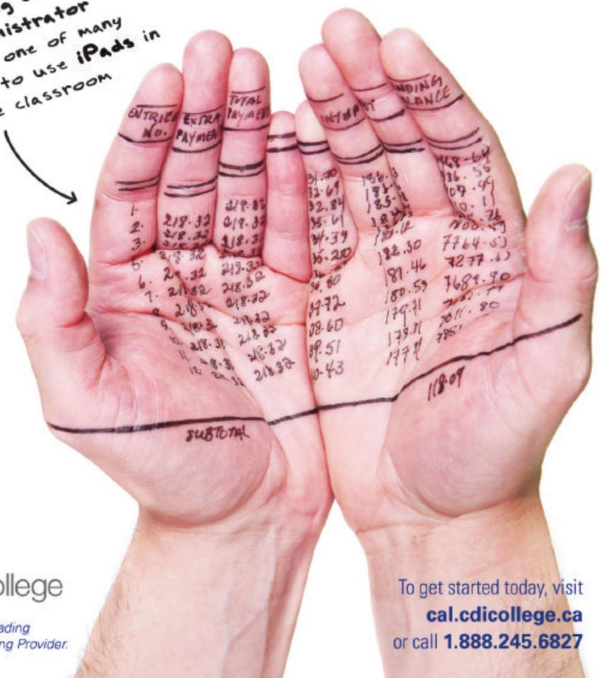
Policy experts criticized the letter for singling out Canadians who have concerns and wondered if the government is setting the stage for further attacks on environmentalists and the regulatory process.

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Business outlook hits a low point: Survey

► For first time in three years, firms expect sales to slow over next year ► But plans to hire have increased

Canadian businesses are becoming more pessimistic about the economy and their future prospects for sales both at home and in foreign markets, the Bank of Canada said Monday.

The central bank's survey of senior management at 100 representative firms shows confidence is well off post-recession highs across the broad spectrum of issues — from sales expectations to investment and hiring intentions, to their ability to pass through their costs to customers.

It is difficult to say whether business executives are the most pessimistic since the recession because the question posed is relative to the past year, but the central bank notes the result suggests firms are more worried about selling their products into the softening demand glob-

ally and domestically.

In the survey, which was conducted between mid-November and mid-December, 41 per cent said they expected their sales pace to slow, as opposed to 37 per cent that expect an increase. The rest were neutral.

"Overall, the weak U.S. economic outlook, concerns about adverse effects from the situation in Europe and an expected slowing in household spending were among the factors dampening sales prospects," the bank report states.

"Of those firms anticipating higher sales growth over the next 12 months, many cite plans for new product development or diversification into new domestic or external markets."

Even respondents in the resource-rich West expect

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sales growth to slow, albeit coming off a strong performance in 2011, the bank says.

Canada's gross domestic product growth has slowed from 3.5 per cent in the third quarter to what is expected to be about 1.5 per cent this year.

THE CANADIAN PRESS

Big. Screen



JILLIE JACOBSON/THE ASSOCIATED PRESS

The latest in electronics in Vegas

The 2012 International CES trade show, the world's largest consumer-electronics exhibition, starts Tuesday.

104 If Iberia pilots strike again on Wednesday, it will force the Spanish airline to cancel another 104 flights, affecting 23,000 passengers in total on long-haul, medium-haul and domestic flights.

Pilots plan to strike again

Spanish airline Iberia says it cancelled 109 flights on a third day of stoppages by pilots protesting the company's planned new budget carrier. Iberia said it rescheduled flights for most passengers. Pilots

union SEPLA says it will strike again Wednesday. SEPLA says the creation of Iberia Express will lead to job losses. Iberia says the strikes will affect 23,000 passengers on various flights. **THE ASSOCIATED PRESS**



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IN DEFENCE OF STAYING IN

SHE SAYS ...



METRO



bare calendar feels like the ultimate luxury.

While the gloomy stretch between the holidays and spring is an ideal time to be anti-social (read: broke and lazy), there are still plenty of people who will try and coerce you out of your sweatpants and into a taxi headed for a night out on the town.

Sure, a cocktail can be nice, and every good Canadian girl knows how to navigate icy sidewalks and snow banks in her least sensible heels, but as the temperature dips, the idea of going to a club or a bar or anywhere that isn't

your own living room becomes less and less appealing.

I think we should stop trying so hard to have fun and embrace these precious weeks of guilt-free hibernation while they last. I mean, do you really want to risk hypothermia just to spend another Saturday night covered in spilled drinks and other people's sweat, elbowing your way across a crowded dance floor and wondering, "Am I having fun yet?"

This winter, I've decided that staying in is the new going out. Instead of whining about frostbitten exposed limbs and overpriced mixed drinks, can we all agree to just stay indoors for the next few months?

Now, before you dismiss me as a friendless shut-in, give the idea of becoming a winter hermit a chance. Think of all the money you'll save, the calories you won't consume, the clothes that will go un-ruined! A few months of self-imposed

house arrest will do wonders for your wallet, waistline and probably your mental health.

You'll host board-game nights, learn how to cook your own meals, sort out your underwear drawer, actually read all those books you so proudly display on your coffee table and go to bed at a reasonable hour. If you're lucky, you'll have a fireplace and all of these indoor activities will seem 1,000 times better because of it.

Ultimately, all any winter hermit really needs is a few bottles of red wine and a subscription to Netflix. Perhaps if you're feeling really ambitious, you'll invite some low-key companions over to share that aforementioned wine and discuss how you actually don't miss going places and doing things at all.

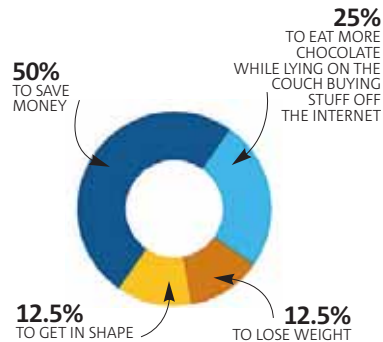
.....
#p #e #t #i #o #v #g #s

After weeks of office parties, festive get-togethers and family dinners, January provides a welcome relief from being overscheduled. With nothing to do and nowhere to go, a



Register at
metropolitanpanel.ca
and take the quick poll

This year your new year's resolution is...



Local tweets



► **@Colton_Ness:** Ah the start of the new

semester... That awkward moment when you have to choose where you will sit for the next 4 months
#UofC #yyc

► **@2cantsandapencil:** gardener dumpster diving: someone's cast away xmas tree = my garden beds' treasure #wintergarden #chinook #yyc

► **@anastasure:** Off to do some slow, uncoordinated jogging followed by a session of superficial deep breath and yoga 'cus I'm all

cultured like that #yyc
► **@aysopn:** Taking the Wild West to the next level; instead of tumbleweeds #yyc has rambling Christmas trees.

► **@scribeskapin:** GPS is the spellcheck of driving. I have no idea how to get anywhere now. #crutch #yyc

► **@pamelabee:** I'd like to thank Mother Nature for providing us with "cute boys on skateboards" weather in January. #yyc

► **@tristanbauer:** Dear massive crosswind: you make driving very difficult in my rolling brick. #yyc

Daily Zoom



Buried under a blanket of snow

Alaska town calls state for help

A house is buried in snow in the fishing town of Cordova, Ala., in this Jan. 7 photo.

Residents have turned to the state to help them dig out of massive snow levels that have collapsed roofs, triggered avalanches and even covered doors, trapping some people in their homes. Cordova is used to snow, but not like this. **THE ASSOCIATED PRESS**

Heavy, wet snow threatens homes

Officials said at least three buildings have collapsed or partially collapsed, and six homes are deemed severely stressed by heavy, wet snow.

The city has set up a shelter at a local recreation centre, but said people leaving homes in avalanche-risky areas have been staying with other residents.

THE ASSOCIATED PRESS

"We had no alternative but to declare an emergency.... It became a life-safety issue."

CORDOVA MAYOR JIM KALLANDER

Quite a winter wonderland

The National Guard reported more than 5.5 metres of snow has fallen in the past weeks, although the National Weather Service did not immediately have a measurement.

"There's nowhere to go with the snow because it's piled up so high," said Wendy Rainney, who owns the Orca Adventure Lodge.

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Writer captures Maggie's mettle

► Screenwriter Abi Morgan ruffles feathers for her portrayal of Margaret Thatcher in the *Iron Lady* ► Says the film is a study of power and loss



► Screenwriter Abi Morgan says that Meryl Streep as Margaret Thatcher is 'absolutely dream casting.'



**RICHARD
CROUSE**

SCENE@METRONEWS.CA

Margaret Thatcher, the longest reigning British Prime Minister of the 20th Century, remains a polarizing figure even though she hasn't held office since 1990.

She's a hero to some: Gloucester City Council leader Paul James calls her "the best prime minister there's been." But a villain to others: "She made all manner of cuts society is still recovering from," says Steve Lydon, branch secretary of Stroud Labour Party.

She is now the subject of *The Iron Lady* — a nickname Thatcher picked up from Soviet newspaper *Krasnaya Zvezda* — a biography starring Meryl Streep, written by Shame playwright Abi Morgan.

The film has already ruffled the feathers of Thatcher devotees. Tim Bell, a longtime associate of the former PM, called the movie a "non-event" and

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."

IRON LADY WRITER ABI MORGAN ON THE CASTING OF MERYL STREEP

Tory loyalist Norman Tebbit commented that Thatcher was "never, in my experience, the half-hysterical, over-emotional, over-acting woman portrayed by Meryl Streep."

"It's not a documentary, it's not a social history, it's a drama," says Morgan on the controversy.

"I think if you see yourself as an artist, part of being an artist is to comment on your times. I feel it is a comment but it is a creative comment."

"I hope it's a humane and dignified portrayal. I think anybody can see it's not an attempt to sabotage."

"I feel it is as much the study of power, the study of loss and the study of the isolation of office and [be-

cause] Margaret Thatcher is an icon, a recognizable public figure, she was a way to filter those very powerful themes."

Morgan says those "themes and the ideas and the human story are bigger than the individual."

As written, the character of Thatcher is complex. The film first shows her long after her glory days and works backwards through her career highlights.

Meryl Streep plays her in various stages of her career.

"She is absolutely dream casting," says Morgan.

"There are, obviously, amazing British actors and one would have been lucky to work with any of

Abi Morgan

► British playwright and screenwriter born in 1968

► Morgan first wanted to be an actress, but after university took a postgraduate writing course instead

► She had her start writing plays for theatres in England

► She also co-wrote *Shame*, with Steve McQueen

them, but what was exciting to me about working with Meryl is that she's a complete shape shifter.

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."

"She has such integrity, she just elevates the work."

How Phyllida Lloyd softened an Iron Lady

Considering the historical and controversial stature of Margaret Thatcher's 11-year run as the U.K.'s prime minister, it's surprising there hasn't been a major motion picture about her until now. But director Phyllida Lloyd is happy to get there first. Choosing to focus on the Thatcher of today, with her political career shown in flashback, Lloyd offers a softer, more sympathetic depiction of a woman still reviled by many.

Why do you think there hasn't been a film exclusively about Thatcher until now?

It is surprising. This movie's been a long time in development, and it began as a film about the Falklands War, and then [screenwriter] Abi [Morgan] came onboard and dropped this bombshell and said, "What about setting it in the present?" And I think from that moment everything flowed. I don't know why there hasn't been, to be honest.

Was the focus on her as an older woman part of an attempt to make her more sympathetic, since there is still so much animosity toward her?

In England, she's still one of the most divisive characters, and the debate about her policies and her legacy is really being largely stuck. There's one way of looking at her where she is the monster she-devil who ruined the lives of millions, and on the other hand she is Saint Margaret who rescued Britain from its post-war decline and put us back on the world stage. And there's very little you can find in between those two positions. What we wanted to do was go, "OK, that's all that. Let's just turn this thing upside down and look at it from a completely different point of view." We talked about it very much as a sort of *King Lear* for girls. It was a story of a mighty leader who was brought down partly by the enemy within and also by their own kind of hubris.

● NED EHRBAR

2

scene

Scene in brief



Elton John is writing his first book, a personal account of the AIDS crisis. The musician says Love is the Cure: Ending the Global Aids Epidemic will include memories of friends who died of AIDS-related illnesses, including Queen frontman Freddie Mercury. British publisher Hodder & Stoughton says the book will be published in July along with an audio book read by the British pop star. The U.S. publisher is Little, Brown.

Proceeds will go to the Elton John's AIDS Foundation. John said Monday the book would ask why more is not being done to cure the disease. He said AIDS "is a disease that must be cured not by a miraculous vaccine, but by changing hearts and minds, and through a collective effort to break down social barriers."

THE ASSOCIATED PRESS



Tom Hanks' futuristic web series *Electric City* to stream on Yahoo

Cakes over cankles for Jillian Michaels

► Personal trainer leaves The Doctors over difference of opinions

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Jillian Michaels, the trainer we would least like to cross paths with in a dark alley, made a splash when she joined the hit syndicated show The Doctors this year as a co-host.

But, last week, after only half the season, she left the show. The split, she told Metro, had to do with cankles.

"It was like the relationship that looks perfect on paper and when you got there it just was all wrong," she told us over the phone.

"They wanted me to do segments on cankles and I wanted to do segments on

food desserts. I wanted to do exposés on how prisoners have better food than our children at public schools. It wasn't anybody's fault, it really wasn't. There's no hard feelings."

Michaels said she called one of the producers she was close to in order to end things.

"I said, 'Listen, I know that this isn't working for you guys, because you know I'm not happy and I don't feel happy doing it, and my fans don't like me doing it and your fans don't like me doing what I wanna do, and you know let's just walk away amicably.'"

Food desserts? Public school cafeteria exposés? What is she doing, trying to reposition herself as a new Lisa Ling — but with biceps?



► Jillian Michaels

Katy Perry speaks for herself

When it comes to her separation from Russell Brand, Katy Perry doesn't want others speaking for her.

"Concerning the gossip, I want to be clear that no one speaks for me. Not a blog, magazine, 'close sources' or my family," she posted on Twitter. She also took the opportunity to thank her fans for supporting her, writing, "I am so grateful for all the love and support I've had from people around the world. You guys have made my heart happy again." ● METRO



► Katy Perry



► Johnny Depp

Depp headed for breakup?

It may be trouble in paradise for Johnny Depp, as the relationship between the Pirates of the Caribbean star and Vanessa Paradis is reportedly on the rocks, according to Radar Online.

"Johnny isn't handling

anything well right now," a source says.

"People around him are worried about how Johnny is doing because he and Vanessa seem so fractured right now. Their relationship is heading toward the end." ● METRO

A limp can't hold Brad back

Brad Pitt will be walking with a cane for a while, thanks to a knee injury — but it didn't occur on the set of a stunt-heavy movie.

Instead, Pitt hurt himself parenting. "I was carrying my daughter (Vivienne) down the hill and I slipped," Pitt says, according to People magazine. "It was either her or me."

It's a good thing that Angelina Jolie is a fan of the new accessory: "I like the cane," she says, adding that the limp hasn't done much to slow Pitt down. "He's not that kind of guy. He does everything still." ● METRO



► Brad Pitt

Celebrity tweets



I'm kinda sick of 2012 already.



@realjeffreycross

@sarahksilverman

Possible ways to bring Palestinians & Jews together: 1) Ecstasy in the water 2) Alien attack



@EllenPage

A first: someone came up to me and said: "I know you! You were that girl in Going For Broke with Delta Burke."



@AlbertBrooks

I don't know what the big deal is using your devices on the plane. Wait....IS THAT THE GROUND?

Xtina: Back off, haters!

Christina Aguilera has received a lot of criticism and scrutiny for her weight over the past year, but she insists it's nothing she can't handle.

"I've been on all spectrums," she says, according to Us Weekly. "You can never be too perfect, too thin, too curvy, voluptuous."

As for Aguilera herself, she says she knows what's really impor-

tant: "As long as I'm happy in my own skin, that's all I need," she says. "I'm happy with where I'm at. I have a boyfriend that loves my body. I love my body. My son is healthy and happy. That's all that matters."

● METRO



Christina Aguilera



MICHELE TARAS

► Prostate cancer is expected to affect 25,000 Canadian men this year. About 4,100 men will die of it.

The faces of cancer

► Photo exhibit travelling across Canada to show exactly who prostate cancer has affected

CELIA MILNE
LIFE@METRONEWS.CA

Who gets prostate cancer? What do they look like? A new photo exhibit takes us into the inner world of this disease, showing us the fear, sadness, love, loss and hope that survivors and their families feel.

Prostate cancer got personal recently when

246,000 Canadians participated in Movember to raise money and awareness about the disease. Today, a photo exhibit called TIED Together begins in Toronto before going across Canada.

"The images illustrate the faces of prostate cancer — men of all ages and races and their families. It communicates that

prostate cancer doesn't just affect the man, but the whole family," says Rebecca von Goetz, executive vice president of Prostate Cancer Canada (PCC) in Toronto.

The exhibit was created by PCC in partnership with PhotoSensitive, an organization that calls attention — through black-and-white photogra-

phy — to social issues such as AIDS, First Nations literacy and natural disasters.

TIED Together includes more than 100 images and 10 video interviews with cancer survivors and their loved ones.

Included in the exhibit are pictures of Jack Layton, Pierre Trudeau and Alex Baumann.

The exhibit will show at

Brookfield Place in Toronto from Jan. 10 to 21. PCC is looking at future showings in Vancouver, Calgary, Edmonton, Winnipeg and Ottawa.

"As devastating a disease as it is, the images show hope and the strength that these survivors have to continue to enjoy life, despite its challenges," says von Goetz.

3

life

Gift pick

Bright eyes

Even with foundation, after too much partying there is one area of the face you can't hide: the eyes. LP Skin Therapy Untired eye cream firms skin to reduce the appearance of dark circles.

● METRO

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Divino is hoppin' for lunch

► This restaurant is busy but may be better suited to visit in the evening

LUNCH RUSH

DAN CLAPSON

FOOD@METRONEWS.CA



To say Divino is hoppin' on a weekday lunch hour is an understatement. When I arrived, the table my friend had reserved for us was the only free spot in the place (Note: This is me encouraging you to make a reservation).

To start, we ordered the tempura green beans with a mustard dip (\$8). Crisp and tasty! Moving to mains, my



► Nicoise Salad (\$18).

► **Divino**
113 8th Ave. S.W.
crmr.com/divino
403-410-555
Social lunch: Yes
Price range: \$8 - \$37
Rating: 3.5 out of 5

friend ordered a Nicoise salad (\$18) and I had the spaghetti (\$23).

We both agreed that the Nicoise salad was a bit plain tasting, lacking anchovies, which is a common addition to the dish.

My pasta had a generous portion of manila clams and soprosetta sausage, tossed in a sauce that had some heat to it. It was flavourful and filling, albeit a tad on the spicy side.

As far as price point, you

can get similar quality offerings at lower prices elsewhere in the area.

That being said, Divino has an array of cheeses and a wine list that would be great to sample into the late hours of the night

Green Bean Casserole



A slow cooker is a wonder gadget to have during the winter season. Here it is used to cook a green bean casserole.

Just combine the ingredients in the cooker and it's ready in three to four hours.

Preparation:

1 Combine all ingredients except almonds in a 2.5-l slow cooker. Cover and cook on low for 3 to 4 hours. Sprinkle with almonds.

THE CANADIAN PRESS/
CROCK-POT

Ingredients:

- 2 pkgs (each 280 g/10 oz) frozen green beans, thawed
- 1 can (284 ml/10 oz) condensed cream of mushroom soup, undiluted
- 15 ml (1 tbsp) chopped

- parsley
- 15 ml (1 tbsp) chopped roasted red peppers
- 5 ml (1 tsp) dried sage
- 2 ml (1/2 tsp) salt and pepper
- 1 ml (1/4 tsp) nutmeg
- 125 ml (1/2 cup) toasted slivered almonds

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THE WORLD CAN BE RUDE

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Good day. I had to write in about adult manners. While my husband was parking our car over by Tags MicMac Mall, myself and youngest grandchild was waiting for him by the entrance of Winners. My grandchild held the door open for about 100 adults and maybe five said thank you. The rest walked by and didn't even look at her. How do I explain this to my grandchild?

I love your email, thank you!

Some people say that when someone doesn't say thank you, you should say back in a loud stern voice 'you're welcome!' to make

them aware of their mistake.

I understand why people want to do that, however I do not advise this because pointing out people's social mistakes publicly is not polite nor the gracious thing to do on your part. But I do hear your frustration loud and clear.

So what to tell your granddaughter? Well, the truth is first teaching her to always be polite and say thank you herself (I'm sure you have already done that).

Second, tell her the truth that some people in this world are rude and don't say thank you. This is going to happen to her in life and she has two choices: stop being polite all together or just let it go.

Ultimately, I believe teaching her to be the example is the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Rethink those RRSPs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



This is the time of year when you tell yourself to save more and contribute more to your RRSP. Yes to the first one but the second, perhaps not.

Certainly Canadians need to save more than the current rate of four per cent of income. However, the default destination for those savings, an RRSP, isn't necessarily the right one.

Anyone who is likely to qualify for the Guaranteed Income Supplement (GIS) after age 65 is better off with a non-registered investment account or a Tax Free Savings Account (TFSA). Mandatory RRIF withdrawals could result in a reduced or eliminated GIS.

Retirement ready?

- ▶ 96% of tax filers were eligible to contribute to RRSPs in 2010.
- ▶ 26% of tax filers contributed to RRSPs in 2010.

GIS eligibility is reduced as net income rises and disappears entirely at about \$16,000 for singles and \$21,500 for couples (Old Age Security does not count as income).

At the other end of the scale, those likely to have significant incomes after retirement from a combination of pensions, non-registered investments and other income could face not only a high post-retirement tax rate, but claw back of OAS and a reduction in their personal exemption.

The latter is not well known and can be a considerable shock. Though OAS



▶ Alison's money rule: Sometimes there are better ways to save for retirement than through RRSPs.

claw back doesn't kick in until a net income of around \$68,000, the age amount tax credit for those 65 and over will be reduced once net income reaches roughly \$33,000.

TFSA's are great alternatives for those wanting to save outside an RRSP. However, you can only deposit \$5,000 annually. Another alternative are non-registered investment accounts, though you will pay tax on income or capital gains.

A final "savings" alterna-

tive is to pay down debt.

Even though your interest costs may be low, every dollar you put on debt is a form of savings.

And last week I included details of a contest to win a one-on-one consultation with me. Unfortunately the link was not live. But it is now at my website, alisongriffiths.ca.

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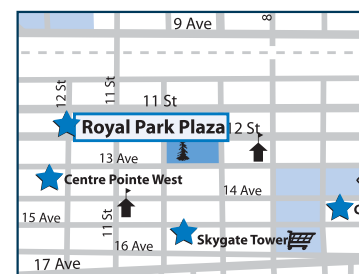


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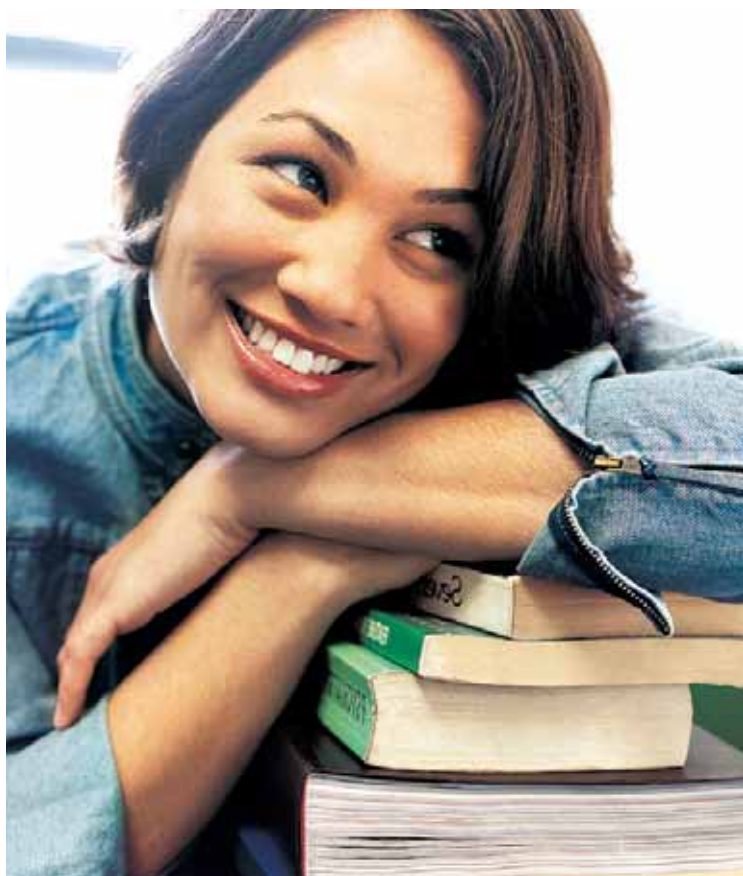
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REFRESHER COURSE

TREAT YOUR FIRST WEEK BACK AFTER HOLIDAYS LIKE FIRST WEEK OF SCHOOL

University and college students may be tempted to treat the first week back as optional, but experts warn a misstep early on could trip you up for the entire semester.

“Settling back into some rhythms and routines can be quite challenging,” says Meri Kim Oliver, assistant vice-president for student services at Dalhousie University.

Treat your first week back like your first week at school, she says. Go to all the classes, meet the professors, get the syllabi, get the books and learn what will be expected of you in the coming months.

David Ness, acting director of student counselling at the University of Manitoba, agrees. He says it can take a few days to switch your brain from holiday to study mode. Start by just showing up.

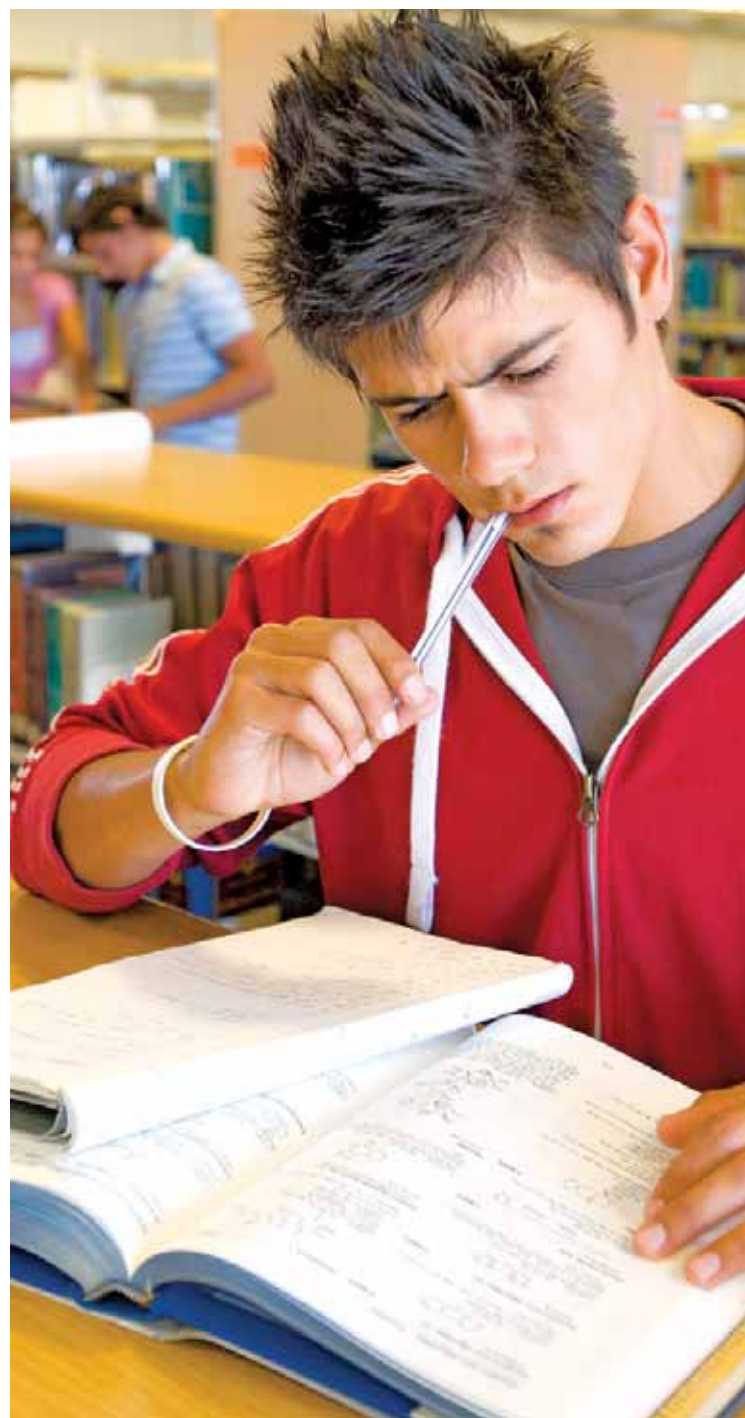
“It’s a pretty easy thing to do and it

can start getting you back into your student life,” Ness says. “The good news is the first week back, you probably have some flexibility before you have to start hitting your academics really hard.”

Oliver urges students to take time to sort out personal issues, too. The Christmas break will have given you time to evaluate your living arrangements.

“We encourage students to pause and have a pizza night with their roommates and talk about how things are going to be different, what tensions there were and that kind of thing,” she says. “That can be a bigger issue.”

Ness says if you have lingering holiday visitors, or your room is full of tempting new toys and leftover treats, use the campus as your office. Head in before class or stay after and study at the library or coffee shop. It will help focus you and



PIXLAND/THINKSTOCK

NEW YEAR’S RESOLUTIONS

- Start a financial budget. Ensure money is spread evenly over the entire semester.
- Start a study budget. Look at the entire course load and set deadlines

to ensure you can get it all done without last-minute marathon study sessions.

- Pick a major. If you haven’t yet, this is a good time to commit.

prepare your brain for another semester of learning.

Evaluate your academic progress so far and address any shortcomings. Ness says they can become painfully evident to first-year students when they receive their first-term marks this month. If they aren’t as good as you had hoped, figure out where you are struggling.

If substandard writing skills were a consistent theme from your first term, head to your campus writing centre to

boost your ability. If it’s math, brush up on those skills. Visit your student centre for tips on improving your overall approach to studying.

Ness reminds students that studying at the university level requires specific skills and you may have to “learn to learn.”

“Think about, ‘What do I need to change to do better academically?’” he says. “Don’t give up — don’t feel hopeless.”

— Jon Tattrie

KIDS GAIN CONFIDENCE AT RENFREW SCHOOL MEETS NEEDS OF CHILDREN

Send your child to a school where everyone knows their name.

Renfrew Schools have been offering innovative educational services to children and families for more than 30 years.

"We see the children gain in confidence and develop a positive attitude towards school," says Jacquie McKechnie, spokeswoman for Renfrew Educational Services.

"Parents tell us that their children can hardly wait to get on the school bus and to come to school each day."

Renfrew is a not-for-profit society and registered charity, operating as an independent school. Renfrew Schools offer a wide range of specialized programs for typically developing children and children with special needs.

In the preschool and ECS classrooms, both groups of children learn and play together.

"This is advantageous to both



DIGITAL VISION/THINKSTOCK

groups; the children with challenges learn from the typical role models, and the typical children learn compassion and that every individual, regardless of ability, has strengths to share with others," says McKechnie.

By following the approved Alberta Education curriculum with modifications, Renfrew School is able to meet the needs of each individual child.

"We have teams of specialists on site at each school, we work closely with families to meet their needs, and the program is holistic in approach, covering all areas of development including the arts, speech and language, gross motor and fine motor development, interpersonal and behavioural development," says McKechnie.

For more, visit renfreweducation.org.

DIG INTO NEW MENU AT ACADEMY OF LEARNING

APPLICATIONS NOW BEING ACCEPTED FOR ALL PROGRAMS

With 2012 marking 25 years of providing Canadians with quality and accessible education, Academy of Learning is adding a few new selections to its vast course menu.

Academy of Learning has now added a Marketing Co-ordinator, Business Management, and Help Desk Support Analyst, as well as updating the Medical Office Assistant/Health Unit Co-ordinator diploma program.

The Marketing Co-ordinator Diploma will have students ready for entry-level marketing support positions.

"Its objective is to expose students to a broad range of marketing knowledge and processes, administration skills, and practical tools that will assist them in dealing with situations within a marketing related career," says Brady Sylvester, admissions adviser for Academy of Learning.

The Business Management Diploma is designed to prepare students for supervisory and management level positions in many fields of business.

The Medical Office Assistant/Health Unit Co-ordinator Diploma program provides students with the base knowledge, skills, and work experience to become permanently employable in a wide range of medical settings.

Academy of Learning has also added a standalone Electronic Health Records, Billing and Coding course available to anyone in need of quickly adding these in-demand skills.

"Our Integrated Learning System is an excellent blend of learning styles, which allows unmatched flexibility and individualization in post-secondary education," says Sylvester.

"From the moment someone walks in our doors, it's their career and life goals that are important to us, and always we be."

Applications are now being accepted for all programs.

For information about these new programs offered at Academy of Learning, visit, academyoflearning.com.

— Candice Ward

www.iseee.ca



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www.iseee.ca/for-students/



ONE CHAPTER AT A TIME

MRU INSTRUCTOR'S BOOK OFFERS FIVE STRATEGIES FOR BUSINESSWOMEN

As a woman, getting your foot in the door of the corporate world can be a difficult task, but when you do, you want to make sure your shoes match.

Donna K. Leibham, the author of *Do Your Shoes Match: 5 Strategies to Help Women Get a Foot in the Door of the Corporate Boardroom*, has a few tips to help women succeed in business.

"The inspiration was really my own experiences as the only female executive on the management committee when I worked in the oil and gas industry in the 1990s," says Leibham, of Leibham & Company.

"I struggled with not knowing how to enhance my personal power so I could have greater influence."

Leibham says this book walks the reader through the five success strategies for women, one chapter at a time.

These strategies include: Understand the business; interpersonal relationships; communication; work style; and personal power.

"I became aware that what was really missing for me, and potentially for other women, was some kind of leadership development program that spoke to our learning needs and our specific leadership issues," says Leibham.

Leibham has also brought these



MOUNT ROYAL UNIVERSITY PHOTO

SIX COURSES

Students of the HR Extension Certificate at MRU are required to complete six courses, totalling 90 hours.

They must then choose an additional 60 hours from a list of optional courses. Students may choose to complete the program in one semester or spread out the course over three years.

teachings to students as an instructor for Mount Royal University's Human Resource Management Extension Cer-

tificate. Students of the HR program will learn to identify effective recruitment and selection techniques, support employee career planning, develop quality training programs for employees, and develop an effective performance management program while measuring organizational performance.

"The required courses cover all the diverse aspects of human resources, providing a solid foundation piece for understanding the role that HR plays in an organization," says Leibham.

For more information on the HR Extension Certificate, visit mtroyal.ca/conted.

— Candice Ward

MOUNT ROYAL HOLDING FREE INFO NIGHTS

To find out more about Mount Royal University's Extension Certificates, free information nights will be held at the Roderick Mah Centre for Continuous Learning on the following nights: Business Analysis — Jan. 18; Business Process Management — Jan. 18; Change Management — Jan. 17; Event Management — Jan. 31; Financial Service — March 22; Human Resource Management — Jan. 12; Leadership Development — Jan. 12; Lean Enterprise and Continuous Improvement — Jan. 18; Payroll Management — March 6; Public Relations — Jan. 17; Entrepreneurship — Jan. 19; Supply Chain Management — Jan. 11; Technical Writing — Jan. 5.

There is one Information Night for all community and health studies certificates on March 28, including: Addiction Studies; Adult Educator; Behavioural Strategies; Child and Youth Human Rights; Children's Mental Health; Conflict Resolution; Curriculum Development and Instructional Design; Feng Shui Practitioner; Funeral Service; Human Justice; International Community Development; Massage Therapy; Medical Terminology; Personal Fitness Trainer; Police Studies; Reiki; Shiatsu Therapy; Spa Therapy; Supportive Counselling Skills; and Yoga Therapy.

GREEN TRANSFORMATION

Build a greener future with the Leadership in Energy and Environmental Design (LEED) at Mount Royal University.

Through the continuing education program at MRU, students will learn how to build greener buildings and communities through the use of techniques, materials and technologies.

"The LEED program offers students a step up when pursuing personal accreditation as either a LEED Green Associate or a LEED Accredited Professional," says Adam Stoker, LEED instructor at MRU and project manager, sustainable design. "While practical experience is required to achieve the highest levels of personal accreditation, students will leave these courses with the knowledge required to pursue these industry designations."

The LEED program is designed for students, contractors, realtors,

tradespeople, architects, engineers, interior designers and others looking to create a greener world through this growing field.

"Not only does Mount Royal University work with continuing education instructors that are active in the industry, but these courses tend to bring together an excellent cross-section of other working professionals to make up the class," says Stoker.

Upon completion of the introductory LEED course, students will be able to understand the imperative for a green transformation of our built environment, explain the key components of the LEED rating system, and apply core concepts and strategies to achieve sustainability on building projects.

On completion of the second-level course students will be able to understand the interaction of these sus-



MOUNT ROYAL UNIVERSITY PHOTO

tainable design goals through practical application, recognize synergies between specific green building strategies, and work collaboratively within an integrated design process to implement these strategies.

These are the only post-secondary courses of their kind in Canada designed and recognized by the Canada Green Building Council.

For more about this course or others at MRU, visit mtroyal.ca/conted.

ISEEE TRAINS STUDENTS TO INTEGRATE AND APPLY DISCIPLINES

When he heard how a new policy in California might adversely impact Alberta's oilsands, Nic Choquette-Levy became keenly interested in energy.

Levy, after completing an undergraduate degree in biomedical engineering and international relations, had taken an internship at the Canadian consulate in San Francisco.

There, he learned that California's new low-carbon fuel standard — aimed at reducing emissions that contribute to climate change — might also penalize future imports of carbon-intensive oil produced from the oilsands.

"I decided I wanted to do an interdisciplinary program that let me explore policy but also gave me some of the technical background," Levy says.

Levy became one of the first students in the interdisciplinary Energy and Environmental Systems graduate specialization, offered by the Institute for Sustainable Energy, Environment and Economy (ISEEE) at the University of Calgary.

"Finding solutions to real-world energy and environment problems requires a dynamic, interdisciplinary



approach to research and learning," says David Layzell, ISEEE's executive director.

ISEEE's graduate program teaches students educated in one discipline, such as engineering or science, to integrate and apply the knowledge from many disciplines, "including those in the applied, natural and social sciences," Layzell says.

Students, working closely with ISEEE faculty and fellows, are trained to assess energy-environment issues

from technical, economic and policy perspectives.

Graduates of ISEEE's three-year-old program are now working at the U.S. National Renewable Energy Laboratory in Colorado, the Catalonia Institute for Energy Research in Spain, and Carbon Engineering, a Calgary company. Others are doing post-doctoral work at Harvard University, University of Texas at Austin, and the University of Calgary.

Levy graduated in November 2011 with an MSc in chemical engineering

with the Energy and Environmental Systems specialization. His thesis, which integrated life cycle assessment with cost-benefit analysis, explored ways to reduce greenhouse gas emissions in oilsands operations.

ISEEE's graduate program "trains you to become an effective decision maker," Levy says. "You are part of a unique community of faculty and students from a diverse set of disciplines and life experiences — all of which enriches your learning."



Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle. SAIT Polytechnic's School of Health and Public Safety is offering specialized training in health technologies, information management and training for wellness professionals.

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Get into the health-care field faster with Columbia College.

The Health Care Aide program at Columbia is an accelerated program delivered in 15 weeks.

"Our Health Care Aide program is designed to give both health-care aide skills, theory and field-based co-operative education experiences," says Caron Pelletier, LPN and co-ordinator of the Health Care Aid program at Columbia College.

The program requires applicants to have at least a Grade 10 English credit or apply for mature student status.

"Applicants who do not meet the entry level requirements are offered one of our College Preparatory courses free of charge in hopes of reaching their goal to becoming a Health Care Aide," says Pelletier.

Columbia also offers students small class sizes.

"This also allows students to receive more individualized attention in order to best meet their specific learning needs," says Pelletier.

This program is also ideal for the



COLUMBIA COLLEGE PHOTO

multicultural student population.

"The challenges for those students not only include language, but also adapting to the community and professional health-care cultures," says Pelletier.

"Our program facilitators combine academic qualifications and real-life experiences in order to help those students learn and integrate themselves into the healthcare profession."

The Health Care Aide program has 10 enrolments throughout the year and contains three semesters, including self-study, theory lab skills. and 200 hours of clinical practicum.

This program is also available through evening classes and online distance learning is also available.

Applications are accepted at any time.

For more information about this program, visit columbia.ab.ca.

— Candice Ward

WORKSHOP HELPS NEW CANADIANS

The Bridging Youth to Success Program (BYTS), through the Calgary Catholic Immigration Society (CCIS), helps make the transition into the job market a little smoother for immigrant youth.

"Some of the most common barriers we see are that immigrants aren't familiar with how to create a Canadian style resumé or how to behave in a Canadian style interview," says Beverly Hejduk, program co-ordinator with the BYTS.

BYTS offers a two-week workshop that covers resumé and cover letter writing, interview skills, job searching and the Canadian workplace environment.

"After this two-week workshop, we work with each participant on their unique job search," says Hejduk.

Once employed, BYTS offers an additional eight weeks of support to both the employee and the employer.

For those coming into the program with a good resumé, they may skip



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

the workshop and receive 10 weeks of employment support.

BYTS is available to immigrant youth ages 15 to 30, who are out of school, a permanent resident, Canadian citizen or protected person within the meaning of the Immigration and Refugee Protection Act.

"There are so many programs in the community for immigrant children and for immigrant adults, this program addresses an often forgotten immigrant youth," says Hejduk.

They must also be legally entitled to work in Canada, or legally entitled to work according to relevant provincial legislation and regulations.

The workshop is offered free of charge to eligible clients.

For more, contact Hejduk by email at youth2@ccis-calgary.ab.ca.



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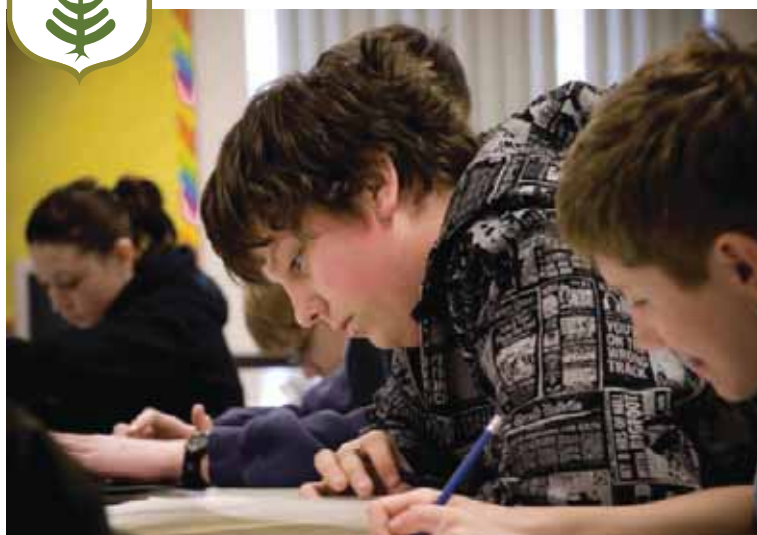
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APPLIED LEARNING

FOOTHILLS ADDS IPAD PILOT PROGRAM

They may be just a toy to some people, but one Calgary school is turning iPads into a learning tool.

Foothills Academy is currently running an iPad pilot program to assist and assess student learning.

"We are hoping to increase students' awareness and ability to use technology in an educational way," says Liz McClelland, Grade 6 teacher at Foothills Academy.

"Technology is all around them and can be more engaging for this generation."

The pilot program has Grade 6 students at Foothills Academy testing out apps in math and science to see which ones they enjoy most, while still being educational.

"It is important that we show them how technology can be a tool for them to increase their educational success," says McClelland.

Program co-ordinator Simon Williams says the hope of the program



FOOTHILLS ACADEMY PHOTO

is to help students reaffirm their understanding, boost their competency and confidence, and push students to reach their full potential.

"The iPads are able to add an extra dimension to learning, complementing and building upon what the teacher has already presented in lessons," says Williams.

Foothills Academy specializes in innovative programs for children with learning disabilities.

If you have a child who is between the ages of eight and 18, who is intellectually bright but struggling in school, Foothills Academy may be able to help.

For more information about Foothills Academy, visit foothillsacademy.org.

FAST-TRACK YOUR WAY INTO HEALTH CAREER

SAIT OFFERS MANY ENTRY-LEVEL PROGRAMS

The health-care field has exciting, rewarding and flexible career opportunities to fit any lifestyle.

SAIT Polytechnic's School of Health and Public Safety offers many entry-level certificate programs to get you on the fast track to a career in health care.

SAIT's Health Information Office Assistant, Medical Laboratory Assistant, Pharmacy Assistant, and Sterile Processing Technician programs are only five months in length, and are offered in the fall and winter.

The Medical Transcriptionist and Nutrition for Healthy Lifestyles programs are less than a year in length and start each September. SAIT also offers diploma programs in health technologies, information management, and training for wellness professionals.

"There is ongoing critical need for

FIND YOUR FIT

Not sure what program is right for you? Take the Find Your Fit quiz at findyourfit.ca.

To apply for programs beginning in September, visit sait.ca. For more information on these programs, call 403-284-8500.

health-care professionals, and our graduates find jobs in both private and public health-care facilities," says Carmen Sheridan, academic chair in the School of Health and Public Safety.

"Career options are also very flexible for many graduates, with part-time options, flexible hours, and even the opportunity to work from home in some professions."

The opening of a new South Calgary Hospital in 2012 is a prime example of the growing employment opportunities. Your education at the School of Health and Public Safety will prepare you for employment in health-care systems in Alberta, Canada and internationally.

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Zelalem Meshesha
Employment Outreach Developer
403-290-5128
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This project is funded by the Government of Canada's Skills Link program.



PUT YOUR PAWS ON CAREERBEAR

NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef (you have always loved whipping up tasty improvisations for dinner), or a plumber (after

realizing how much it cost to fix that leak) or a pilot (because pilots are cool).

Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you

want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good (there are lots of open positions, plus aging demographics are expected to fuel demand for health services) and articles let you know more about the job and some required skills you may not have guessed (for example, pharmacy assistants apparently need "good manual dexterity").

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.

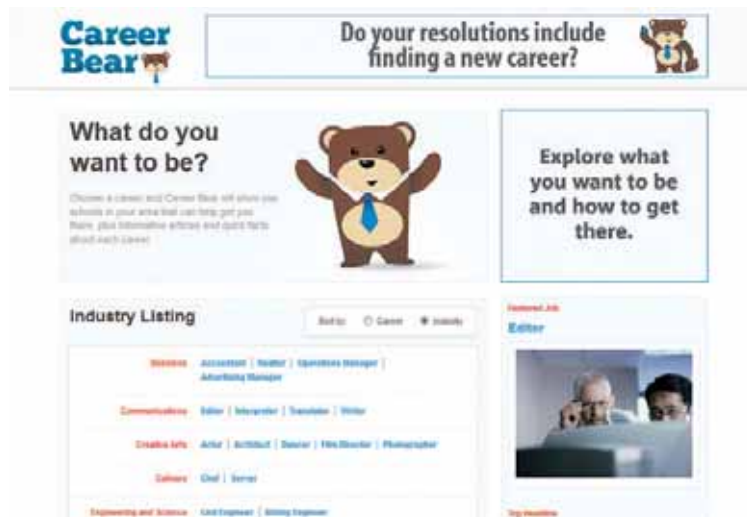


MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.



Do your resolutions include finding a new career?

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Visit
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to learn more



Spiralling Blue Jackets fire coach

The last-place Columbus Blue Jackets are turning to a new coach in an effort to salvage something from a disastrous season.

Scott Arniel was fired following a 7-4 loss to Anaheim on Sunday night. Assistant Todd Richards takes over until the end of the season, when a full search will be conducted.

The Blue Jackets are 20 points out of playoff position with half a season to play.

"It's gone off the rails since then," GM Scott Howson said Monday.

Once Howson made the decision to fire his coach, he flew to California on Saturday to deliver the news in person. Howson, who is undeniably on the hot seat himself, sought approval from his bosses to make the move and received it.

This was supposed to be a season of hope and change for the Blue Jackets. Centre Jeff Carter was acquired in a trade from Philadelphia and defenceman James Wisniewski inked a \$33-million US, six-year contract.

But Wisniewski was suspended eight games stemming from an ugly pre-season hit and Carter fractured his right foot in October as Columbus stumbled out of the gate. The season was essentially lost by the time the team hit the 15-game mark at 2-12-1. **THE CANADIAN PRESS**

"He did everything he could. ... It just didn't work for him with this group."

COLUMBUS GM SCOTT HOWSON ON FIRING COACH SCOTT ARNIEL



► Trent Richardson of Alabama runs for a 34-yard touchdown in the fourth quarter against Louisiana State University Monday.

Tide roll over Tigers for BCS championship

- No. 2 Alabama shuts down No. 1 LSU in rematch, earns another BCS title
- Offence came from five field goals, one big run by Trent Richardson

Jeremy Shelley kicked five field goals and Trent Richardson broke a 34-yard touchdown run late in the fourth quarter as No. 2 Alabama beat No. 1 LSU 21-0 on Monday night — the first shutout in BCS title game history.

Richardson swept around left end and raced down the sideline to the end zone with 4:36 left for the first touchdown between the Southeastern Conference rivals in more than 115 minutes of play and one overtime period.

Alabama (12-1) had put it away before that as Shelley

2nd

It's Alabama's second BCS championship in the last three years under coach Nick Saban, who also won a title at LSU in 2003.

kicked field goals of 23, 34, 41, 35 and 44 yards in the first three quarters to make it 15-0, matching an all-bowl record. He also missed two field goals and an extra-point attempt.

But this time, the missed kicks didn't matter to the

Tide.

The Tigers (13-1) and Tide met on Nov. 5 in what was dubbed the Game of the Century, and the Tigers won a touchdown-less, defensive standoff, 9-6 in overtime. Alabama went 2 for 6 on field goals in Tuscaloosa.

Richardson, the Heisman Trophy finalist, ran for 96 yards on 20 carries and offensive player of the game A.J. McCarron passed for 234 yards as the Tide had no problem moving against LSU's second-ranked defence in the United States — just not into the end zone.

Alabama's top-ranked defence didn't need much help. With All-American linebacker Dont'a Hightower leading the way, the Tide held LSU to 92 total yards and five first downs.

In a bowl season filled with high-scoring games, the top two defences in the nation set the tone at the BCS title game. And much like the first meeting, special teams were pivotal.

The Tide's defence was dominant and linebacker C.J. Mosley had the first take away of the game in the third quarter.

THE ASSOCIATED PRESS

Shortstop Larkin voted into Hall of Fame

Barry Larkin has been elected to baseball's Hall of Fame.

The former Cincinnati Reds shortstop received 495 votes (86 per cent) in balloting announced Monday by the Baseball Writers' Association of America, well above the necessary 75 per cent. Larkin was on the ballot for the third time after

30 In 1996, Barry Larkin became the first shortstop to have 30 homers and 30 steals in a season.

falling 75 votes short last year.

He will be inducted July 22 in Cooperstown along with the late Ron Santo, elected last month by the Veterans Committee.

"It's just amazing," Larkin said in an interview on MLB Network. "Last year I just started to smell it a little bit."

"The first year I didn't even think it was fathomable, to be quite honest."

Jack Morris was next with 382 votes (67 per cent), missing by 48 votes on his 13th try but up

sharply from 54 per cent last year. The former Toronto Blue Jays pitcher has two chances left on the BBWAA ballot.

Playing from 1986 to '04, Larkin hit .295 with 198 home runs, 960 RBIs, 2,340 hits and 379 stolen bases. He won the 1995 NL MVP award, three Gold Gloves and the 1990 World Series. **THE ASSOCIATED PRESS**

4

sports

Flames preview

New Jersey at Calgary
7:30 p.m.
TV: SNET



The Flames (19-19-5) host New Jersey (23-16-2). Martin Brodeur made 41 saves in a 3-1 victory over Pittsburgh on Saturday. Brodeur won seven of 10 starts in December and has a 1-1-1 record through three starts in 2012. Adam Henrique had a shorthanded goal and an assist on Saturday, giving the rookie 32 points this season, three behind rookie scoring leader Ryan Nugent-Hopkins of the Oilers. Ilya Kovalchuk has three goals in his last two games and seven points in his last five. Zach Parise has five points in his last three games.

THE CANADIAN PRESS



► Barry Larkin with the Reds in 2004.



Scan code for more sports.

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	39	26	9	1	3	116	82	56	12-5-0-2	14-6-1-1	9-1-0-0	W4
d-Boston	38	26	11	0	1	141	73	53	14-7-0-1	12-4-0-0	8-2-0-0	L1
d-Florida	42	21	13	4	4	109	116	50	11-4-1-4	10-9-3-0	4-4-2-0	W1
Philadelphia	40	24	12	2	2	137	121	52	10-6-1-1	14-6-1-1	4-5-0-1	L1
Ottawa	43	22	15	4	2	135	143	50	14-8-0-1	8-7-4-1	7-2-1-0	W1
New Jersey	41	23	16	1	1	114	117	48	11-7-0-1	12-9-1-0	6-3-0-1	W2
Toronto	41	21	15	3	2	133	131	47	11-5-2-2	10-10-1-0	5-3-2-0	W3
Pittsburgh	40	21	15	2	2	123	106	46	11-7-2-0	10-8-0-2	4-6-0-0	L4
Winnipeg	41	20	16	3	2	109	119	45	14-6-0-1	6-10-3-1	6-3-0-1	W1
Washington	39	21	16	0	2	116	115	44	14-5-0-1	7-11-0-1	6-3-0-1	L1
Buffalo	41	18	18	3	2	107	121	41	10-9-3-2	8-9-0-0	2-6-1-1	L2
Montreal	41	16	18	2	5	109	114	39	7-7-2-4	9-11-0-1	3-7-0-0	W2
Tampa Bay	40	17	20	1	2	109	136	37	11-5-0-0	6-15-1-2	4-5-1-0	L3
Carolina	34	14	22	4	3	112	146	35	10-10-0-3	4-12-4-0	4-4-1-1	L1
NY Islanders	39	14	19	4	2	91	125	34	8-9-3-0	6-10-1-2	5-5-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	43	26	14	0	3	139	104	55	12-5-0-2	14-9-0-1	6-3-0-1	L1
d-Detroit	41	26	14	1	0	134	94	53	15-2-1-0	11-12-0-0	7-3-0-0	W1
d-San Jose	38	23	11	3	1	112	89	50	14-7-2-0	9-4-1-1	8-1-1-0	W4
St. Louis	41	24	12	0	5	107	89	53	17-3-0-2	7-9-0-3	6-3-0-1	W3
Chicago	42	24	13	2	3	134	123	53	14-5-1-3	10-8-1-0	4-5-1-0	L4
Nashville	41	22	15	3	1	111	114	48	12-7-2-1	10-8-1-0	6-4-0-0	W1
Minnesota	42	21	15	2	4	96	101	48	11-6-1-2	10-9-1-2	1-7-0-2	L3
Dallas	40	23	16	0	1	112	114	47	13-7-0-1	10-9-0-0	5-5-0-0	W2
Los Angeles	42	20	15	3	4	88	93	47	12-10-0-2	8-5-3-2	6-1-1-2	L1
Colorado	42	23	19	1	0	114	120	47	13-10-0-0	10-9-1-0	8-2-0-0	L1
Phoenix	42	20	17	3	2	108	109	45	8-8-2-1	12-9-1-1	4-4-2-0	W1
Calgary	43	19	19	3	2	103	124	43	11-5-1-1	8-14-2-1	5-4-1-0	W1
Edmonton	41	16	22	0	3	111	119	35	10-4-0-2	6-16-0-1	2-8-0-0	L3
Anaheim	40	12	22	2	4	99	133	30	9-12-1-0	3-10-1-4	3-6-0-1	W2
Columbus	41	11	25	1	4	99	137	27	6-11-1-2	5-14-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Florida 2 Vancouver 1
Washington at Los Angeles

Sunday's results

Ottawa 6 Philadelphia 4
Anaheim 7 Columbus 4

Detroit 3 Chicago 2 (OT)

Tonight's games

All Times Eastern

Winnipeg at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.

Detroit at N.Y. Islanders, 7 p.m.
Phoenix at N.Y. Rangers, 7 p.m.

Ottawa at Pittsburgh, 7 p.m.

Philadelphia at Carolina, 7 p.m.

St. Louis at Montreal, 7:30 p.m.

Vancouver at Tampa Bay, 7:30 p.m.

San Jose at Minnesota, 8 p.m.

Columbus at Chicago, 8:30 p.m.

Nashville at Colorado, 9 p.m.

New Jersey at Calgary, 9 p.m.

Dallas at Anaheim, 10 p.m.

Tomorrow's games

Pittsburgh at Washington, 7:30 p.m.
New Jersey at Edmonton, 9 p.m.

PANTHERS 2, CANUCKS 1

First Period

1. Vancouver, Weise 3 (Malhotra) 3:11
Penalties — Ballard Vcr (double roughing),
Repik Fla (slashing) 4:58, Versteeg Fla (trip-
ping) 12:33.

Second Period

2. Florida, Kulikov 4 (Goc, Matthias) 5:00
3. Florida, Goc 4 (Kopecky, Versteeg) 10:52
(pp)

Penalties — Kulikov Fla (hooking) 6:21, Weise
Vcr (holding) 9:15.

Third Period

No Scoring.

Penalties — Samuelsson Fla (tripping) 0:39,
Burrows Vcr (interference) 19:31.

Shots

Vancouver 10 2 14 26
Florida 6 14 2 22

Goal — Vancouver: Luongo (L, 17-9-3); Florida:
Clemmensen (W, 5-1-3).

Power plays (goals-chances) — Vancouver: 0-
3; Florida: 1-3.

Referees — Paul Devorski, Ghislain Hebert.
Linesmen — Don Henderson, Pierre Racicot.

Attendance — 16,172 (17,040).

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	11	38	49
Kessel, Tor	24	24	48
Gioux, Pha	18	30	48
Lupul, Tor	19	28	47
D.Sedin, Vcr	18	29	47
Stamkos, TB	28	17	45
Ma.Hossa, Chi	17	27	44
Malikin, Pgh	16	28	44
Eberle, Edm	17	26	43
Pominville, Buf	14	29	43
Datsyuk, Det	13	30	43
Spezza, Ott	15	27	42
Backstrom, Wash	13	29	42
Toews, Chi	22	19	41
Benn, Dal	13	28	41
Karlsson, Ott	6	35	41
Sharp, Chi	20	20	40
Vanek, Buf	19	21	40
Selanne, Ana	14	25	39
Versteeg, Fla	17	21	38
Eriksson, Dal	14	24	38
Elias, NJ	14	24	38
Hartnell, Pha	18	19	37

Seguin, Bos	16	21	37
P.Kane, Chi	10	27	37
Neal, Pgh	21	15	36
Franzen, Det	16	20	36
Ra.Whitney, Phx	14	22	36
Tavares, NYI	13	23	36
Kopitar, LA	11	25	36
Perry, Ana	18	17	35
Filipula, Det	14	21	35
Parise, NJ	14	21	35
Nugent-Hopkins, Edm	13	22	35
Gaborik, NYR	23	11	34
Kovalchuk, NJ	15	19	34
Fleischmann, Fla	15	19	34
P.Bergeron, Bos	11	23	34
Vrbata, Phx	19	14	33
Moulson, NYI	18	15	33
Ovechkin, Wash	17	16	33
Iginla, Cal	16	17	33
Marleau, SJ	15	18	33
Alfredsson, Ott	14	19	33
O.Jokinen, Cal	12	21	33
Weiss, Fla	11	22	33
M.Koivu, Minn	9	24	33
Thornton, SJ	8	25	33
Parenteau, NYI	7	26	33
Campbell, LA	3	30	33
Marchand, Bos	16	16	32
Smyth, Edm	15	17	32
Henrique, NJ	12	20	32
Zetterberg, Det	8	24	32
E.Kane, Wpg	18	13	31
B.Richards, NYR	15	16	31
Callahan, NYR	14	17	31
Jagr, Pha	12	19	31
St. Louis, TB	10	21	31
Ribeiro, Dal	10	21	31
Wheeler, Wpg	8	23	31
Cole, Mtl	17	13	30
Lucic, Bos	14	16	30
Kesler, Wsh	11	19	30
Prosper, Cfb	9	21	30
S.Weber, Nash	9	21	30
Plekacek, Mtl	8	22	30

Not including last night's games

GOLF

TOURNAMENT OF CHAMPIONS

At Kapalua, Hawaii

Par 73

Final Round

Steve Stricker, \$1,120,000	68-63-69-69—269
Martin Laird, \$650,000	68-70-67-67—272
Webb Simpson, \$369,000	68-68-69-68—273
Jonathan Byrd, \$369,000	67-71-67-68—273
K.J. Choi, \$245,000	70-73-69-65—277
Harrison Frazier, \$245,000	74-69-66-68—277
Chris Kirk, \$190,000	75-66-70-67—278
Bryce Molder, \$190,000	71-70-67-70—278
Johnson Wagner, \$165,000	72-72-68-67—279
Rory Sabbatini, \$165,000	73-70-68-68—279
Ben Crane, \$165,000	72-71-68-68—279
Scott Piercy, \$130,000	72-71-69-68—280
Nick Watney, \$130,000	73-71-68-68—280
D.A. Points, \$130,000	71-69-71-69—280
Kevin Na, \$130,000	73-64-71-72—280
Keegan Bradley, \$105,000	69-72-75-65—281
Sean O'Hair, \$99,000	73-70-70-69—282
Bubba Watson, \$91,500	74-69-72-69—284
Mark Wilson, \$91,500	72-71-69-72—284
Bill Haas, \$84,000	73-73-70-69—285
Aaron Baddeley, \$80,000	75-68-74-69—286
Michael Bradley, \$74,500	68-75-75-69—287
Scott Stallings, \$74,500	74-69-74-70—287
Gary Woodland, \$70,000	73-71-73-72—289
Brendan Steele, \$68,000	76-76-72-71—295
David Toms, \$66,000	76-74-75-71—296
Jhonattan Vegas, \$64,000	75-73-76-74—298

NFL

PLAYOFFS

WILD-CARD PLAYOFFS

Sunday's results

NFC

N.Y. Giants 24 Atlanta 2

AFC

Denver 29 Pittsburgh 23 (OT)

Saturday's results

AFC

Houston 31 Cincinnati 10

NFC

New Orleans 45 Detroit 28

DIVISIONAL PLAYOFFS

All Times Eastern

Saturday's games

New Orleans (14-3) at San Francisco (13-3), 4:30 p.m.

AFC

Denver (9-8) at New England (13-3), 8 p.m.

Sunday's games

AFC

Houston (11-6) at Baltimore (12-4), 1 p.m.

NFC

N.Y. Giants (10-7) at Green Bay (15-1), 4:30 p.m.

FOOTBALL

NCAA BOWL GLANCE

All Times Eastern

Last night's result

BCS NATIONAL CHAMPIONSHIP

At New Orleans

Alabama 21 Louisiana State 0

Sunday's result

GODADDY.COM BOWL

At Mobile, Ala.

Northern Illinois 38 Arkansas State 20

Saturday, Jan. 21

EAST-WEST SHRINE CLASSIC

At St. Petersburg, Fla.

East vs. West, TBA

Saturday, Jan. 28

SENIOR BOWL

At Mobile, Ala.

North vs. South, 4 p.m.

Saturday, Feb. 4

TEXAS VS. NATION

At San Antonio, Texas

Texas vs. Nation, 2 p.m.

NLL

EAST DIVISION

	GP	W	L	Pct	GF	GA	GB
Buffalo	0	0	0	0.000	0	0	—
Philadelphia	0	0	0	0.000	0	0	—
Rochester	0	0	0	0.000	0	0	—
Toronto	1	0	1	0.000	9	12	½

WEST DIVISION

Calgary	1	1	0	1.000	12	9	—
Colorado	0	0	0	0.000	0	0	½
Edmonton	0	0	0	0.000	0	0	½
Minnesota	0	0	0	0.000	0	0	½
Washington	0	0	0	0.000	0	0	½

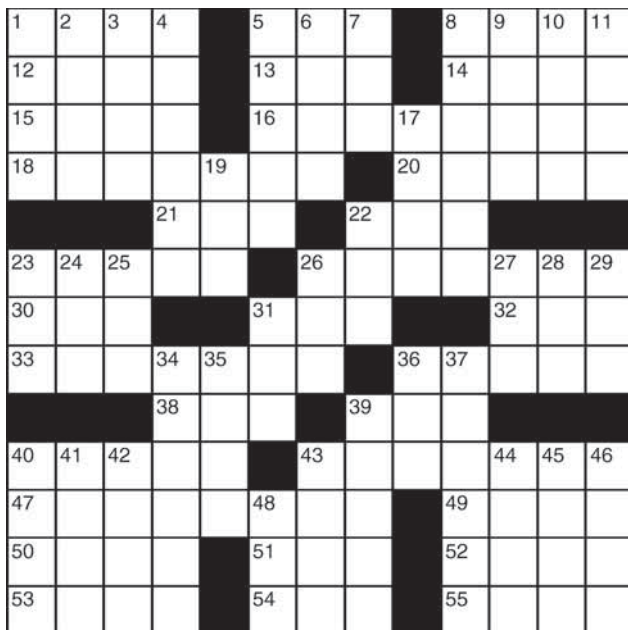
Crossword

Across

- 1 Swiss peaks
5 Omega preceder
8 Old letter opener
12 Stead
13 Aries animal
14 Cut, as hair
15 Vend
16 Risque
18 Away from the Internet
20 Robust
21 Part of ESL
22 "— the ramparts ..."
23 Flowerless plants
26 Illegally ahead of the football
30 Bullring bravo
31 Diner order, for short
32 Collection
33 SUV's milieu, maybe
36 Ballroom favorite
38 Actress/author Sedaris
39 Rowing need
40 Part of Hispaniola
43 Eccentric
47 In the wings
49 Boleyn or Bancroft
50 El —, Texas
51 Sports-caster Cross
52 Little lice
53 Press
54 Chef Boy-Ar —
55 Tend texts

Down

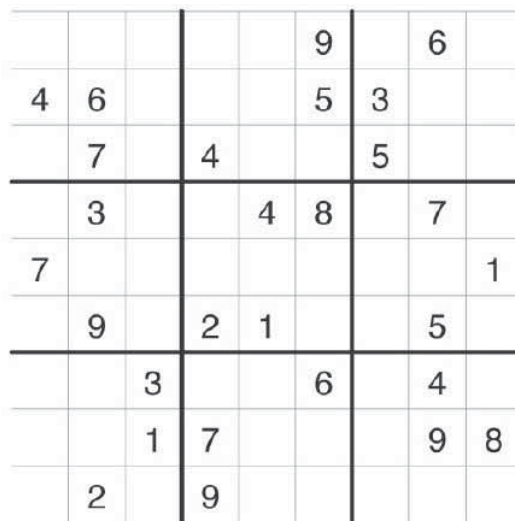
- 1 As well
2 Gladly
3 Money
4 Morose
5 Time
6 Secure
7 Global currency org.
8 Uses Brillo
9 Troubles
10 Laugh-a-minute type
11 Agile
17 Staff leader?
19 Officeholders
22 Frequently
23 Egg-yung link
24 Sprite
25 Ump
26 Antiquated
27 Doctrine
28 Society newcomer



► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

2	6	5	1	4	7	9	3	8
1	3	4	8	9	2	5	7	6
9	7	8	3	6	5	2	1	4
7	5	3	6	1	8	4	2	9
6	8	9	4	2	3	7	5	1
4	2	1	5	7	9	8	6	3
5	1	7	9	3	4	6	8	2
3	9	2	7	8	6	1	4	5
8	4	6	2	5	1	3	9	7

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -4° Max -3°	Min -15° Max -8°	Min -3° Max 2°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30 A.M.



Today's horoscope

♈ Aries March 21-April 20

You may find it difficult to focus today. But that's OK. Variety is good for you.

♉ Taurus April 21-May 21

People you live and work with will have you running in all directions today. Know when to say "no".

♊ Gemini May 22-June 21

According to the planets, you are reading too much into what is really a perfectly normal situation.

♋ Cancer June 22-July 22

You need to find a way to let off steam without turning people against you. Yes, OK, you have a right to be angry but you also need to think about your reputation.

♌ Leo July 23-Aug. 23

What annoys you are trivial things that are simply not worth getting worked up about. Ignore insignificant issues today.

♍ Virgo Aug. 24- Sept. 22

People expect you to speak your mind and you certainly won't let them down over the next 24 hours.

♎ Libra Sept. 23-Oct. 23

A breakthrough may be closer than you realize.

♏ Scorpio Oct. 24-Nov. 22

Avoid getting involved in disputes that have nothing to do with you.

♐ Sagittarius Nov. 23-Dec. 21

You may be tempted to place your trust in a friend of a friend,

For today's crossword answers and for expanded horoscopes, go to metronews.ca

simply because they act and sound so confident, but is that such a good idea?

♑ Capricorn Dec. 22-Jan. 20

Not everyone takes life as seriously as you, so don't be surprised if something you live or work with fails to see the gravity of your current situation.

♒ Aquarius Jan. 21-Feb. 18

Someone, somewhere is sure to feel the edge of your tongue today.

♓ Pisces Feb. 19-March 20

Don't get uptight if someone whose support you can usually rely on fails to help you today. They have their own life and their own issues. **SALLY BROMPTON**

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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